## WHAT IS CLAIMED IS:

1	1. A cage-nut assembly, comprising:		
2	a nut; and		
3	a cage structure having the nut therein, the cage structure being		
4	configured to provide high torsional strength to prevent rotation of the nut, the cage		
5	structure further having a flat base and an at least partially open end portion,		
6	the cage structure including a relatively structurally weak blocking		
7	member preventing the nut from moving laterally along the base through the at least		
8	partially open end portion, the structurally weak blocking member being formed by		
9	one of first and second opposing straps which extend from the flat base to wrap		
10	around opposing ends of the nut, the one of first and second opposing straps		
11	providing high torsional strength and being bendable away from the flat base to		
12	enable removal of the nut from the cage structure.		
1	2. The cage-nut assembly of claim 1, further comprising small		
2	tabs extending away from the base to space the nut away from the base to prevent		
3	paint-welding of the nut to the base, the small tabs being bendable to allow the nu		
4	to seat when torqued down.		
1	3. The cage-nut assembly of claim 1, wherein the nut is Teflon-		
2	coated.		
1	4. The cage-nut assembly of claim 1, wherein the flat base forms		
2	an aperture to receive a bolt.		
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1	5. The cage-nut assembly of claim 4, wherein the aperture is		
2	fully enclosed by the base.		
1	6. The cage-nut assembly of claim 1, wherein the nut is oblong		
2	and first and second opposing straps wrap around opposing ends of the oblong nut.		

1	7. The cage-nut assembly of claim 6, wherein the oblong nut is		
2	generally diamond-shaped.		
1	8. A cage-nut assembly, comprising:		
1			
2	a nut; and		
3	a cage structure having the nut therein, the cage structure being		
4	configured to provide high torsional strength to prevent rotation of the nut, the cage		
5	structure further having a flat base and an at least partially open end portion, the flat		
6	base including opposing straps extending therefrom to wrap around opposing ends		
7	of the nut,		
8	the cage structure including a blocking member adjacent the at least		
9	partially open end portion preventing the nut from moving laterally along the base		
10	through the at least partially open end portion, the blocking member being relatively		
11	structurally weak in a direction orthogonal to a torsional rotation direction of the		
12	nut,		
13	the blocking member being bendable in the orthogonal direction when		
14	less than approximately 20 lb. of force is applied to the blocking member to open		
15	the end portion and allow the nut to move laterally along the base through the end		
16	portion for removal of the nut.		
1	9. The cage-nut assembly of claim 8, wherein the blocking		
2	member is formed by one of the opposing straps, the one of the opposing straps		
3	providing high torsional strength and being bendable away from the flat base to		
4	enable removal of the oblong nut from the cage structure.		
1	10. The cage-nut assembly of claim 8, further comprising small		
2	tabs extending away from the base to space the nut away from the base to preve		
3	paint-welding of the nut to the base, the small tabs being bendable to allow the nu		
4	to seat when torqued down.		
1	11. The cage-nut assembly of claim 8, wherein the nut is Teflon-		
2	coated.		

1	12.	The cage-nut assembly of claim 8, wherein the flat base forms	
2	an aperture to receive a bolt.		
1	13.	The cage-nut assembly of claim 12, wherein the aperture is	
2	fully enclosed by the base.		
1	14.	The cage-nut assembly of claim 8, wherein the nut is oblong.	
2	and first and second opposing straps wrap around opposing ends of the oblong nu		
1	15.	The cage-nut assembly of claim 14, wherein the oblong num	
2	is generally diamond	-shaped.	
1	16.	A cage-nut assembly, comprising:	
2	a nut; and		
3	a cage structure having the nut therein, the cage structure being		
4	configured to provide high torsional strength to prevent rotation of the nut, the cage		
5	structure further having a flat base and an at least partially open end portion,		
6	the cag	ge structure including a relatively structurally weak blocking	
7	member preventing the nut from moving laterally along the base through the at least		
8	partially open end portion, the structurally weak blocking member being bendable		
9	to open the end portion	on and allow the nut to move laterally along the base through	
10	the end portion for removal of the nut,		
11	the fla	t base including a bolt-receiving aperture which is formed	
12	coextensively with the at least partially open end, the blocking member includin		
13			
1	17.	The cage-nut assembly of claim 16, wherein the nut includes	
2	a protruding tubular p	portion which extends through the bolt-receiving aperture.	
1	18.	The cage-nut assembly of claim 16, wherein the nut is Teflon-	
2	coated		

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1	19. The cage-nut assembly of claim 16, wherein the flat base is
2	supported by standoff legs, the legs including bendable retainer tabs configured to
3	hold the nut in position, the bendable retainer tabs being bendable to allow
4	movement of the nut away from the flat base in a perpendicular direction with
5	respect to the flat base.

20. The cage-nut assembly of claim 19, wherein the standoff legs include small projections to facilitate projection welding.